

**A SOCIOLOGICAL EXPLORATION OF THE
PROBLEMS FACED BY WOMEN IN COASTAL
AREAS, SPECIAL REFERENCE WITH
KANNAMALY**



By

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ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

MARCH 2025

A SOCIOLOGICAL EXPLORATION OF THE PROBLEMS FACED BY WOMEN IN COASTAL AREAS, SPECIAL REFERENCE WITH KANNAMALY

Thesis submitted to St. Teresa's College (Autonomous), Ernakulam in fulfillment of the requirements for the award of the degree of **Masters in Sociology**

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MARCH 2025

CERTIFICATE

I certify that the thesis entitled “ **A sociological exploration of the problems faced by women in coastal areas, special reference with Kannamaly**” is a record of bonafide research work carried out by Celin Jomol T J, under my guidance and supervision. The thesis is worth submitting in fulfillment of the requirements for the award of the degree of Masters in Sociology.



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DECLARATION

I, Celin Jomol T J, hereby declare that the thesis entitled "a sociological exploration of the problems faced by women in coastal areas, special reference with Kannamaly "is a bonafide record of independent research work carried out by me under the supervision and guidance of Dr. Dora Dominic. I further declare that this thesis has not been previously submitted for the award of any degree, diploma, associateship or other similar title.

Ernakulam

March 2025

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Celin Jomol T J



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CONTENTS

1	INTRODUCTION	
2	REVIEW OF LITERATURE	
3	METHODOLOGY	
4	DATA ANALYSIS AND INTERPRETATION	
5	FINDINGS AND CONCLUSION	

CHAPTER -1

INTRODUCTION

INTRODUCTION

Despite enormous advances in gender equality, women still face numerous challenges worldwide. These issues are frequently linked, have patriarchal roots, and are influenced by social, political, cultural, and economic variables. Gender-based discrimination is one of the most common problems that women struggle with. In many countries, women's freedom, rights, and opportunities are restricted by strongly established patriarchal standards. Women are frequently excluded from equal access to property, work, and education. Women's autonomy is restricted by patriarchal control over family and community decision-making. Women's independence and capacity to live secure lives are impacted by economic disparity. In many industries, women are paid less for doing the same work as men. Women's authority over financial services, capital, and land is restricted. Women perform the majority of household duties and caring, which is unrecognized and undervalued. Considering numerous advancements in female literacy rates worldwide, many girls still face obstacles to their education, household responsibilities, early marriage, and poverty all have negative impacts on girls' education. Lack of sanitation and gender-based curriculum in schools significantly challenges them also. They have to deal particular problems with health, many of which go unrecognized because of lack of resources or social stigma. Inadequate availability of reproductive healthcare, especially in rural regions. High rates of maternal death as a result of inadequate medical care and neglect. Mental health problems brought on by social isolation, abuse, or excessive employment. A worldwide concern that crosses all social and economic divides is violence against women. Sexual assault, human trafficking, and domestic violence are pervasive problems. Women refrain from pursuing careers by workplace harassment and a lack of legal protection. Women are still under-represented in politics and government, despite making up half of the population. Stereotypes and societal barriers restrict women from taking or succeeding in leadership positions. Laws and regulations that are gender insensitive are the outcome of limited voice in policymaking. Many laws and institutions still prejudice against women, even in modern legal frameworks. Some nations have minimal legal protection, unequal inheritance rules, and no marital rights. Religious beliefs and cultural taboos can limit women's rights and create inequality. In many countries, women are subjected to dress standards, mobility constraints, and honor-based customs. They frequently face barriers to professional advancement and recognition. Many women are forced to leave their professions after giving birth due to a lack of flexible work schedules and maternity benefits. Discrimination against women who are a part of marginalized groups—such as minorities, lower castes, indigenous

populations, or people with disabilities—takes many forms. For instance, Dalit women in India experience both gender-based discrimination and violence based on caste. Women who are disabled or LGBTQ+ frequently experience exclusion and lack access to fundamental rights.

KANNAMALY

The charming seaside village of Kannamaly is located southwest of the busy metropolis of Kochi in Kerala, India's Ernakulam district. With the Arabian Sea on one side and traditional backwaters connecting it on the other, Kannamaly embodies the intricacy and charm of Kerala's coastal communities. Kannamaly maintains a distinctly rural character influenced by its topography, history, and cultural traditions, even though it is close to urban centers. The sea has always been the main source of income for Kannamaly, which has historically been a fishing village. Fish processing and fishing have been the main sources of income for generations of families. Local trading, small-scale farming, and fishing have all been crucial to the community's survival. But like many other Kerala's coastal communities, Kannamaly has gradually changed as a result of socioeconomic pressures and environmental changes. The vibrant religious life of Kannamaly is one of its most unique cultural characteristics. Tens of thousands of pilgrims and tourists from all over the state and even outside go to the village for the annual Kannamaly Thirunnal (Feast of St. Joseph), a significant Christian celebration. This celebration, which has deep roots in local history and religion, emphasizes the value of religion in forming the village's identity as well as the close ties that bind its residents. The celebration also demonstrates Kerala's long-standing syncretic customs, which allow religiously diverse people to live in harmony with one another. The people who reside in Kannamaly depend heavily on the natural environment, which includes its sandy beaches, mangrove forests, and coastal wetlands. But there is a growing threat to this fragile ecosystem. For the people of Kannamaly, life has become increasingly dangerous due to coastal erosion, saline water intrusion, erratic monsoon patterns, and the wider effects of climate change. Not only have homes and infrastructure been impacted by frequent flooding and land loss to the sea, but communities have also been uprooted and traditional livelihoods have been lost. Kannamaly has also faced additional difficulties as a result of urbanization. The strains of modernization, tourism, and real estate development have begun to affect Kochi's traditional way of life as the city grows. As more and more young people look for work outside of the village, societal structures are shifting and old vocational patterns are gradually becoming less strong. There is still a strong sense of community in spite of these

changes, and social groups, religious events, and festivals all contribute to maintaining the village's unique identity.

Kannamaly offers a rich and complex space for researching gender dynamics, environmental issues, the resilience of coastal communities, and the intersections between tradition and modernity. In addition to revealing certain local adaptations and problems that are exclusive to Kannamaly, the lived experiences of the locals here also mirror larger trends seen in many coastal locations throughout Kerala. Kannamaly is therefore a microcosm of the larger problems Kerala's coastal villages face: a community rooted in tradition yet continually navigating the forces of social, economic, and environmental change. To properly comprehend the complex reality of life in this seaside community, any sociological investigation of Kannamaly must delve into these various facets.

This study aims to investigate and follow the unseen struggles that women in Kannamaly confront, with a focus on the particular obstacles that they face on a daily basis and the ways that gender, location, and socioeconomic position worsen these difficulties. Like many similar locations in India, Kannamaly is a coastal region with a largely working-class population. Many women work in domestic work. Even though women in Kannamaly play vital roles in supporting their families and communities, they frequently experience different forms of discrimination in both their homes and the wider community. The gendered division of labor is among the most significant problems that these women face. In coastal communities like Kannamaly, women are often forced to manage the traditional responsibilities of taking care of the home and family with physically demanding activities of cleaning home after flood and coastal erosion. This frequently leads to a double burden, in which women are expected to carry out both reproductive and productive responsibilities without having access to sufficient childcare, healthcare, or support networks. Furthermore, women in these regions are further marginalized in terms of their social and economic standing due to their restricted access to opportunities, financial resources, and education. Women's economic contributions are often underestimated in an area where traditional gender roles are firmly established, and social norms and expectations limit their capacity to rise in social or economic hierarchies. Women in Kannamaly face these gendered difficulties in addition to the vulnerability of residing in a coastal region that is affected by environmental degradation and climate change. Rising sea levels, unpredictable weather patterns, and all put coastal area at greater risk of economic instability and disruption to daily life. These environmental stresses frequently show up for women in Kannamaly as more prone to natural disasters, displacement, and loss of livelihood (due to damage to fishing

boats and equipment). However, local policy and international conversations on climate change adaptation have mostly ignored women's unique experiences of these environmental shifts, whether in terms of their exposure to dangers, coping strategies, or access to resources. Also, socioeconomic problems like substance misuse, domestic violence, and exploitation in the informal sector are not unique to Kannamaly; they are present in many coastal areas of India. Women in these communities are frequently at higher risk of experiencing physical and emotional abuse, but many are discouraged from reporting these problems or seeking assistance because of cultural taboos, fear of social stigma, and a lack of legal options. The lack of infrastructure and support services in rural coastal communities makes these problems even more invisible, leaving women vulnerable and alone. By examining several aspects, including socioeconomic difficulties, cultural customs, gender-based violence, and environmental vulnerabilities, this study seeks to draw attention to and describe the particular difficulties experienced by women in Kannamaly's coastal regions. This study will explore the lived experiences of women in this area using qualitative research methodologies, offering a deeper picture of their challenges. The main data sources will be surveys and focus groups with Kannamaly women, which will provide insight into their individual experiences as well as the larger systemic problems that influence their lives. By concentrating on Kannamaly, this study hopes to advance the conversation on gender equality and environmental justice in India while also bringing attention to the gendered experiences of women in coastal villages. Developing focused policies and interventions that address the unique needs of women in Kannamaly—whether in the areas of social support networks, healthcare access, economic empowerment, or climate resilience—requires an understanding of the complexity of their lives.

CHAPTER -2

LITERATURE REVIEW

REVIEW OF LITERATURE

The difficulties that coastal women experience have drawn more attention in sociological discourse, especially in considering gender-based inequality, economic marginalization, and environmental vulnerability. In recent years, research on women's experiences in coastal regions has received a lot of attention. The literature draws attention to the particular difficulties that women in these areas experience, such as poverty, illiteracy, and restricted access to resources. With a focus on explaining these findings to the village of Kannamaly, Kochi, this literature review attempts to summarize the body of research on the socioeconomic, environmental, and gender-specific issues that women in coastal communities confront.

Several studies (Kelkar & Nathan 2005 ; Sathiadhas, 2010) In coastal villages, women play a significant role in post-harvest activities like drying, processing, and selling seafood. But their work is still mostly unpaid and informal, and their contributions are frequently underestimated. These financial constraints are made worse by limited access to government assistance programs, finance, and land, which are frequently biased in favor of male-dominated pursuits like boat ownership and fishing.

Degradation of the environment and climate change present further difficulties. According to research by Mitra and Bhattacharya (2016), women are disproportionately affected by coastal erosion, rising sea levels, and an increase in cyclone frequency because they are usually in charge of household water, food security, and child care. For instance, the saline water incursion in Kannamaly has impacted drinking water sources, requiring women to go farther for necessities.

Women's mobility, decision-making authority, and educational opportunities are further restricted by social institutions and conventional standards. According to scholars like Nair (2012), gender inequality in leadership positions, education, and health is exacerbated by patriarchal institutions in fishing villages. Preliminary findings point to similar trends in Kannamaly, where institutional obstacles prevent women from participating in and leading their communities.

Another study has looked at the psychological effects of climate-induced shifting on women, emphasizing their heightened susceptibility to mental health problems and gender-based violence (Rajesh, 2019). Although they are rarely represented in official planning or policy discussions, women in tiny coastal towns frequently shoulder the cost of disaster recovery.

According to feminist theory, patriarchal systems that affect social roles, resource access, and vulnerability are fundamental to women's experiences. In her ground-breaking work,

Boserup (1970) points out that women's economic contributions have historically been undervalued, particularly in subsistence and informal industries like fishing. Systemic disparities in support, remuneration, and recognition result from this marginalization.

Crenshaw (1989) coined the term "intersectionality" to highlight the ways in which several social identities- including gender, caste, class, and ethnicity interact to create distinct types of disadvantage. Intersectionality is an essential tool for comprehending women's complex reality in coastal areas where economic poverty, caste-based professions, and environmental constraints all come together.

One of the most critical issues facing women in coastal areas is financial instability. According to Mehta (2009), women frequently hold low-wage, precarious employment. In addition to being underappreciated economically, these positions are also very seasonal and environmental-dependent. Women are forced to take on several unofficial jobs in order to survive since unstable revenue sources make households more vulnerable.

According to UN Women (2018), cultural norms and infrastructure deficiencies pose significant challenges to accessing basic amenities. Schools and health centers are either non-existent or inadequately equipped in many coastal towns. Due to limited access to family planning and maternal healthcare, women's reproductive health is especially neglected.

The effects of environmental issues including pollution, increasing sea levels, and coastline erosion are gendered. According to Aguilar (2013), women are particularly susceptible to environmental deterioration since they are responsible for food, and water management. Women's physical labor demand, health, and capacity to support themselves are all impacted by environmental stress, particularly in communities that depend on marine and coastal resources.

Several coastal regions of Kerala have experienced forced migration and relocation due to uncontrolled development, cyclonic storms, and coastal erosion. Women in Kannamaly have had to relocate as a result of house damage or land acquisition for port and tourism projects, as noted by Bijoy (2016). Loss of social networks, worse housing circumstances, and a higher risk of exploitation are all common outcomes of this displacement. For many, women bear a disproportionate amount of the load of adapting to new situations, particularly when it comes to managing children, food, and health with little resources.

It is very evident that women in coastal areas, like Kannamaly, deal with a variety of interrelated issues that have their roots in social, economic, and environmental systems. We may better understand these problems as structurally rooted inequities influenced by gender,

class, and ecology by using feminist and intersectional perspectives. An absence of localized micro-level sociological studies on particular coastal localities like Kannamaly persists despite the abundance of literature on gender inequality and coastal livelihoods in larger contexts. In order to contribute to a more complex knowledge of women's challenges and resiliency, this study attempts to close that gap by offering a thorough, field-based analysis of the lived experiences of women in this area.

CHAPTER -3

METHODOLOGY

METHODOLOGY

This study uses a qualitative research design to investigate the environmental, cultural, and socioeconomic issues that women in Kannamaly's coastal regions face. An in-depth examination of these women's challenges, coping strategies, and resilience is made possible by the adoption of a phenomenological method to comprehend their lived experiences. A thorough understanding of the social realities that women in coastal areas experience is made easier by this method.

STUDY AREA

The coastal area of Kannamaly, where a sizable population makes their living from fishing, is the site of the study. The socioeconomic and geographic circumstances of Kannamaly make it a perfect place to research the difficulties faced by women in coastal communities. The study focusses on how gender, occupation, environment, and social institutions interact with one another.

OBJECTIVES

- **GENERAL OBJECTIVES.**

Examining the lives, struggles, and resiliency of women in Kannamaly's coastal regions in order to determine ways to support their social welfare, economic empowerment, and environmental sustainability in the face of climate change and other development obstacles.”

- **SPECIFIC OBJECTIVES**

1. To investigate the socioeconomic characteristics of women living near the sea
2. To determine their level of access to services such as healthcare and education
3. To examine their experiences with environmental deterioration, disasters, and climate change, To determine their coping techniques and resilience
4. To investigate how they take part in community leadership and decision-making
5. to formulate suggestions for laws and initiatives that promote women's empowerment and gender equality in coastal regions.

CONCEPTS

Problems of Women in Coastal Area- “The specific Challenges, difficulties, and vulnerabilities faced by Women living in coastal communities.

OPERATIONALIZATION DEFINITION

problems faced by women: refers to a wide range of concerns in various areas of life, such as the social, political, educational, health, and economic arenas. Economic instability, unemployment, salary disparities, limited access to high-quality healthcare and education, exposure to domestic violence, gender-based discrimination, social isolation, cultural constraints, and political under-representation are some of the ways in which these issues may show up. Each of these domains poses a distinct set of obstacles that impact women’s general well-being, career prospects, and quality of life. Indicators including household income, work status, occupation, and financial resource accessibility could be used to quantify economic issues. Literacy rates, enrolment ratios, dropout rates, and obstacles to further education could all be used to measure educational problems. By looking at rates of malnutrition, the prevalence of maternal and reproductive health disorders, and access to healthcare services, health-related issues can be operationalized. The frequency of reported occurrences, perceived safety, and involvement in legal processes are all indicators of experiences of violence and prejudice.

Problems of women in coastal areas : refer to the specific Challenges and vulnerabilities faced by women residing in Kannamaly, including: Climate change and Disasters, Education, Economic Insecurity, Health Concerns, Social Isolation, and Gender based Problems. The term “problems faced by women in coastal areas” encompasses a wide range of interrelated concerns brought on by the sociocultural, economic, environmental, and geographic aspects of coastal life. Economic insecurity brought on by reliance on cyclical or seasonal marine-based livelihoods (like fishing), a lack of other work options, susceptibility to natural disasters like floods and cyclones, inadequate infrastructure, limited access to healthcare and education, displacement from coastal erosion, gender-based discrimination, domestic abuse, and social marginalization are a few examples of these issues. The operationalization of “problems faced by women in coastal areas” study

the various aspects of suffering that are unique to women in these places, notice trends, and gather data in a methodical manner. Understanding their lived reality in light of economic systems, cultural norms, environmental changes, and coastal geography is made easier using this method.

DEPENDENT VARIABLES

1. Women Empowerment

1. Socio-economic Development

INDEPENDENT VARIABLES

1. Education

2. Economic Opportunities

3. Health Care

4. Climate Change and Disaster

5. Gender

SAMPLING METHOD

The study employs a purposive sampling method to select participants who have direct experiences with the challenges being examined. The sample including ;

1. Women responsible for managing households in coastal settings
2. Elderly women with insights into generational challenges
3. Women involved in self-help groups or community-based initiatives

A total of 15 participants will be selected, ensuring representation across various age groups, occupations, and socio-economic backgrounds.

TOOL OF DATA COLLECTION

- Case study of women residing in Kannamaly
- Photo voice: A participatory method where women document their lives and Experiences through photographs and accompanying narratives.

Everything will be conducted in the local language to ensure clarity and authenticity. Taking photos field notes will be maintained with the consent of participants.

This study employed a qualitative research methodology to explore the lived experiences of women in the coastal village of Kannamaly. Data was collected primarily through direct interaction with the participants, ensuring the richness and depth characteristic of qualitative inquiry.

Data was collected primarily through direct interaction with the participants, ensuring the richness and depth characteristic of qualitative inquiry. A purposive sample of ten women was selected based on their relevance to the research objectives. Data collection was conducted using two qualitative methods: Case study of Women in Kannamaly and Photo Voice. Each of the ten participants engaged in direct conversation during individual sessions, allowing for an in-depth understanding of their personal experiences, perceptions, and challenges.

In addition to direct methods, indirect data collection was also utilized for five participant. Due to their inability to attend the group discussion, information was gathered through informal interactions and observation, ensuring their perspectives were included without compromising the integrity of the study. This approach aligned with the qualitative aim of understanding complex social realities from the viewpoint of the participants themselves.

FIELD NOTE

The fishing village of Kannamaly is well-known for its religious significance. Regular coastal erosion and seasonal flooding have made the area susceptible, upsetting family routines, inflicting property damage, and degrading the ecology over time. During the field visit, I interacted with 10 women from different households across various parts of Kannamaly. The majority were middle-aged women, though a few were younger mothers and elderly widows. These women opened up about the hardships they encounter regularly, which can be broadly classified into health problems, socio-environmental issues, and emotional/mental strain.

I conducted in-depth interviews and participatory observation with 15 women. Below are the detailed narratives of 10 women.

1. Sony

Sony, a woman from the lower-income group residing in Kannamaly, shared her lived experiences that reflect the broader struggles faced by many women in the coastal region. Married to a fisherman and a mother of two, Sony's family recently constructed a new house after their previous home suffered partial damage, presumably due to coastal

hazards such as sea erosion or flooding—common threats in the region. The fear and insecurity stemming from the damage to their previous dwelling compelled them to rebuild for safety and stability.

However, the post-construction phase brought significant financial strain. Without access to formal financial institutions, they were forced to bear the costs independently. Sony mentioned that their applications for housing loans were repeatedly rejected by banks, primarily due to their unstable income from fishing and the high-risk classification of their coastal locality. This denial of credit reflects a pattern of financial exclusion that disproportionately affects coastal families who are already vulnerable due to their livelihood and geographic location.

Sony's narrative highlights the intersection of gender, class, occupation, and geography in shaping the lived realities of women in Kannamaly. She emphasized that their situation is not unique—many families in the area face similar challenges in accessing financial support and securing safe, sustainable housing. Her experience sheds light on the systemic barriers coastal women confront, particularly in the realms of housing security and economic empowerment.

2. Nikitha

Nikitha, a young mother residing in Kannamaly, recounted her personal experiences dealing with coastal hazards during a particularly vulnerable period of her life. While pregnant with her second child, Nikitha endured the terrifying impacts of coastal erosion and frequent flooding—events that not only threatened her home and safety but also posed serious risks to her health and that of her unborn child.

In sharing her experiences, Nikitha emphasized the critical inadequacy of healthcare infrastructure in Kannamaly. She pointed out that the region has only a single hospital, which she described as having poor facilities and insufficient resources to meet even the basic medical needs of the community. For expecting mothers like herself, the lack of proper medical care, especially during emergencies caused by environmental disasters, created a deep sense of fear, anxiety, and helplessness. She described the overall condition of healthcare access as “pathetic,” underscoring the urgent need for improvements in medical services in coastal areas.

Nikitha's story illustrates how environmental vulnerability in coastal regions is compounded by institutional neglect, especially in sectors vital for women's health and

well-being. Her account highlights the double burden faced by women—managing the risks of natural disasters while also grappling with systematic healthcare deficiencies.

3. Suni

Suni, a resident of Kannamaly and the wife of a fisherman, shared her experiences of enduring the repeated impacts of coastal disasters. Her family faced substantial losses when their household belongings and essential fishing equipment were destroyed by extreme weather events and sea erosion. Since fishing is their primary means of livelihood, the loss of equipment directly disrupted their ability to earn an income, placing the family under severe financial strain.

Suni explained that the recovery process has been slow and difficult, as the costs of replacing damaged goods and fishing tools are high, and external financial assistance is either limited or inaccessible. The cumulative effect of these losses has left her family in a state of persistent economic insecurity. Her narrative underscores the deep vulnerability of coastal communities, where livelihoods are intricately tied to the environment and can be devastated by sudden natural events.

Suni's experience highlights the cycle of disaster-induced poverty faced by many women in Kannamaly. It brings to light the fragile balance between survival and livelihood in coastal societies and the urgent need for support systems to help families rebuild after environmental crises.

4. Leela

Leela, a mother of two young daughters from Kannamaly, shared her distressing experiences of living in relief camps following coastal disasters. Displacement to these camps, often cramped and lacking privacy, brought unique and difficult challenges, particularly for women and adolescent girls.

One of the major issues Leela highlighted was the lack of awareness and facilities related to menstrual hygiene. She observed that most women in the camps depended solely on sanitary napkins, with little to no knowledge of sustainable or alternative menstrual products like menstrual cups. This limited awareness, combined with poor sanitation conditions, made managing menstrual health extremely difficult. The use of overcrowded public toilets during menstruation was described as a particularly traumatic experience, especially for young girls, compromising both their physical health and emotional dignity.

Leela's account brings critical attention to how disaster relief efforts often overlook gender-specific needs. Her experience illustrates the intersection of health, dignity, and disaster management, emphasizing the urgent need for more gender-sensitive policies and practices in disaster response and rehabilitation.

5. Sherly

Sherly, a resident of Kannamaly, works as a domestic helper and used to travel daily to Ernakulam for her employment. However, the frequent flooding and deteriorating conditions caused by coastal disasters severely disrupted her ability to commute. Roads became impassable, and transportation services were irregular or completely halted during periods of intense flooding.

As a result of her prolonged inability to attend work, Sherly eventually lost her job. Given that her income was already limited, this sudden loss dealt a heavy blow to her family's financial stability. Sherly's experience reflects how environmental crises not only impact housing and health but also critically affect employment opportunities for women in coastal areas—especially those engaged in informal and precarious forms of labor.

Her account highlights the economic vulnerabilities faced by working-class women, whose livelihoods are deeply dependent on their ability to travel and work in nearby urban centers. Sherly's story underscores the broader issue of livelihood insecurity that accompanies environmental disasters, exacerbating poverty and marginalization in coastal communities.

6. Sindhu

Sindhu, a homemaker living in Kannamaly, narrated her family's struggles with the direct consequences of coastal erosion. Her house, once a source of security and comfort, developed dangerous cracks due to the relentless impact of environmental degradation. The visible structural damage has left the family in constant fear for their safety, especially during periods of heavy rain and high tides.

Sindhu's husband and son, both fishermen, earn only modest incomes, making it difficult for the family to afford necessary repairs or consider relocating to a safer area. The persistent financial constraints, combined with the looming threat of further structural collapse, have created an atmosphere of chronic anxiety and helplessness within the household.

Sindhu's experience highlights the profound psychological and emotional impacts of living under the constant threat of environmental disaster. It illustrates how coastal

erosion not only disrupts physical spaces but also deeply affects the mental well-being of women who are responsible for maintaining the home and caring for their families.

7. Seena

Seena, a resident of the coastal village of Kannamaly, shared her struggles in navigating employment as a woman with limited formal education and deep-rooted social stigma attached to her geographic identity. Her story exemplifies the interlocking barriers coastal women face in trying to gain economic independence. Having completed only up to the 10th standard, Seena is part of a large segment of coastal women whose educational journeys were cut short due to poverty, household responsibilities, or a lack of access to quality schooling. Despite this, she expressed a strong aspiration to work and support her family, especially as her husband's earnings from fishing are modest and inconsistent. One of the most compelling aspects of Seena's narrative is her experience of social exclusion and stereotyping. She explained that being from "Kadappuram" carries a stigma that follows individuals even outside their locality. Coastal residents, especially women, are often viewed as backward or less capable, limiting their chances of securing work in urban or formal sectors. This geographic discrimination combined with gender bias leaves women like Seena marginalized both socially and economically. The dual forces of educational inadequacy and societal prejudice have left Seena feeling trapped in a cycle of exclusion. Her efforts to find work are met not only with rejection but also with an internalized sense of helplessness, reinforced by the societal message that people like her are "less deserving" of opportunities. Seena's experience reveals the urgent need for holistic interventions that go beyond providing jobs or training. It calls for: Awareness and anti-discrimination campaigns to challenge and dismantle geographic and class-based stereotypes. Inclusion policies that actively recruit and support women from marginalized coastal areas in various sectors. Seena's story is a powerful example of how intersectional disadvantages rooted in education, gender, and geographic identity can severely limit a woman's agency. It emphasizes the necessity for inclusive social and economic policies that address both material needs and deep-seated social attitudes, enabling coastal women to reclaim their dignity and autonomy.

8. Annie

Annie, a long-time resident of Kannamaly, experienced the complete loss of her home due to coastal erosion a tragic but increasingly common reality in the region. Her story, along with insights from fellow community member She, highlights the deep emotional

toll and cultural dislocation that accompany disaster-induced displacement in coastal communities. After her home was destroyed, Annie and her family were forced to live in a temporary relief camp for two weeks. The conditions were harsh, lacking privacy, stability, and basic amenities. Eventually, they moved in with relatives, a solution that, while better than the camp, still lacked the permanence and security of a home. Her experience reflects a systemic failure to provide long-term rehabilitation or dignified resettlement for displaced families. The local panchayat provided minimal financial compensation, which fell far short of what was needed to rebuild a home or reestablish a stable life. This lack of adequate institutional support adds another layer of hardship for families like Annie's, who must cope not only with material loss but also with the absence of effective recovery mechanisms. Annie expressed the painful emotional dilemma of deciding whether to permanently leave her native village. For her and many others, the coastline is more than a geographic location it represents family history, cultural identity, and community belonging. Despite the dangers, their bond with the land makes relocation a heartbreaking choice. She observed a rising trend of outmigration from Kannamaly, driven by fear and recurring threats. However, she also noted that many families, like Annie's, remain torn between safety and emotional rootedness. This highlights the psychological conflict many coastal residents face: a desire for security clashes with a reluctance to sever cultural and social ties. Annie's experiences reveal that displacement is not solely a physical or economic event it is a profound emotional rupture. The case underscores the need for disaster response and rehabilitation policies that are not only structurally sound but also emotionally and culturally sensitive. Supporting displaced coastal communities requires more than shelters and subsidies it demands approaches that honor their right to belong, remember, and rebuild within or near their homelands.

9. Lissie

Lissie, a senior resident of Kannamaly, brings a broad and reflective perspective on the long-standing hardships faced by her coastal community. Drawing from decades of experience and observation, she articulates not only personal struggles but also the collective emotional and structural challenges that define life in disaster-prone coastal areas. According to Lissie, Kannamaly has been caught in a recurring cycle of environmental disasters especially sea erosion and flooding that has worn down both the

infrastructure and the spirit of the community. She pointed out that while these events momentarily draw media attention and celebrity relief efforts, such interventions are typically short-lived and surface-level. Lissie acknowledged the gratitude many feel when external support arrives during acute crises. However, she stressed that what the community truly longs for are lasting solutions—such as proper sea walls, improved housing, better early warning systems, and continuous social support. She highlighted the ineffectiveness of temporary charity in addressing the deep-rooted vulnerabilities faced by coastal residents. Lissie’s narrative is a clear appeal for systemic change. Her focus is not on blaming institutions but on urging them to prioritize policy-level interventions that can break the cycle of disaster and recovery. These include: Infrastructure development (e.g., climate-resilient housing, coastal protection). Livelihood diversification and support for affected families. Community-based disaster preparedness and psychological resilience programs. Despite the challenges, Lissie’s account is also one of hope and resilience. She believes in the strength of her community but insists that dignity cannot be preserved through short-term aid alone. Her story reflects a collective voice: a yearning not just to survive but to thrive, with the security of remaining rooted in their homeland. Lissie’s testimony highlights a critical gap in disaster response strategies the lack of long-term planning and sustainable investment in coastal communities. Her voice calls for a shift from reactive relief to proactive, inclusive, and community-centered development. It is a powerful reminder that the future of vulnerable regions like Kannamaly hinges not on charity, but on justice and long-term commitment.

10. Sunu

Sunu, a resident of Kannamaly, shared her observations on the gendered division of labor that becomes apparent in the aftermath of coastal disasters. Her narrative underscores the disproportionate burden that falls on women, particularly in tasks of recovery that are physically demanding and often go unrecognized in disaster response plans. While the men in her community, especially the fishermen, often resume their work quickly taking advantage of the temporary increase in fish stocks that can follow coastal erosion women are left to manage the domestic and environmental recovery. Sunu emphasized that women are the primary caretakers of both the home and the surrounding environment. They are responsible for cleaning up after floods, removing debris, and restoring the home to a livable state. This physically exhausting work can take weeks, sometimes months, especially when floods bring in mud, waste, and debris from the surrounding

water. The extended hours spent cleaning and restoring homes often lead to physical and health issues for women. Sunu highlighted that the labor-intensive recovery efforts frequently result in skin infections, respiratory problems, and chronic body pain. These health challenges not only impede women's recovery but also place additional strain on households already struggling with the financial loss caused by the disaster. Sunu's experience draws attention to the invisible role women play in disaster recovery, particularly in the coastal context. The work they undertake is critical to restoring order and stability but is often overlooked in both relief efforts and policy discussions. The health issues that arise from their recovery labor go largely unaddressed, and the economic and emotional costs of this labor are often not factored into the broader conversation about disaster resilience and recovery. Sunu's case underscores the urgent need for gender-sensitive disaster recovery plans. While immediate relief efforts often prioritize infrastructure and basic needs, the contributions of women especially in post-disaster cleanup and care should be formally recognized. Addressing the health impacts of this labor, ensuring access to healthcare, and incorporating gender-responsive strategies in recovery programs will empower women and contribute to more equitable and sustainable disaster resilience in coastal communities.

During the data collection process, five participant responses were gathered, with one participant assisting in collecting the responses from the other five participants. The data was collected indirectly through this participant due to the unavailability of members. Because they are busy with households after their jobs most of them worked as house maids. Upon analysis, it was observed that all five participants consistently reported similar issues, particularly concerning (poor sanitation, lack of healthcare access, financial instability) They all need a life long settlements of their problems, insecurities and fear of living. This commonality suggests a shared experience of hardship among women in the community, reinforcing the patterns identified in direct interviews and discussions.

Common Themes Identified:

Housing Insecurity & Financial Exclusion: Women like Sony and Maggi struggle with rebuilding homes and lack access to institutional credit.

Healthcare Gaps: Limited medical infrastructure, especially during pregnancy and emergencies.

Loss of Livelihood: Disasters disrupt the income sources of both fishermen and women working in nearby towns.

Sanitation and Menstrual Health Issues in Relief Camps: Women and girls face indignity and health risks.

Educational and Social Stigma: Limited education and the label “Kadappuramkar” hinder women’s employment chances.

Gendered Division of Labor Post-Disaster: Women bear the brunt of domestic recovery work, impacting their health and economic participation.

Emotional Attachment vs. Migration Pressure: Despite constant risks, many women resist migration due to deep-rooted ties to the land.

Temporary Relief vs. Permanent Solutions: There is a universal demand for sustainable, long-term support and infrastructural development.

Because flood water was frequently mixed with sewage and saltwater, many women reported recurrent infections, including skin allergies, respiratory problems, and waterborne diseases. There is limited access to safe drinking water. Some of them using public taps, which frequently get contaminated during floods. Many homes lack adequate sanitary facilities, particularly those in low-lying areas that are vulnerable to flooding. This makes women more vulnerable, particularly while they are menstruating or pregnant. A few women also mentioned issues related to reproductive health, but they were reluctant to go into detail, suggesting that they were not properly informed of or had access to women-specific health care.

A portion of their land has been eroded by the coast. While some families are constantly afraid of losing their homes, others have already been uprooted. Families become insecure financially as a result of frequent floods, which damages homes structurally and results in property loss. After a flood, women are frequently left to handle the cleaning, drying of clothing and food, and calming of youngsters and the elderly in chaotic circumstances. Girls’ schooling and women’s work are impacted by limited mobility during flood season, which increases their stress and dependency.

The majority of their living from fishing, which is unpredictable because of shifting weather patterns and coastline constraints. Women who own small businesses such as tailoring or grocery store, reported losing money during floods. Many women complained about inadequate compensation or lack of rehabilitation support, and government aid is either minimal or delayed.

Some of them talked about how deeply insecure they were about the future, particularly with regard to the marriage and schooling of their children. Because they are frequently left

behind when younger family members move for work, elderly ladies reported feelings of helplessness and loneliness. Women revealed that although they continue to be resilient for their families, the ongoing hardship has negatively impacted their mental health.

The visit was very enlightening and emotionally intense. It was remarkable how resilient these ladies were in the face of societal neglect and recurrent natural disasters. Their identities, however, highlight the systemic and structural neglect they experience, whether in long-term rehabilitation, disaster relief, or healthcare. These ladies suffer from socioeconomic fragility in addition to environmental degradation. This fieldwork has given me important first-hand knowledge of the complex challenges faced by women in coastal communities like Kannamaly. Their issues require immediate response because they are not only environmental in nature but also have strong socioeconomic roots. The qualitative information gathered from the 15 samples provides a solid basis for understanding and reinforcing the invisible challenges faced by these women in my project.

CHAPTER -4

DATA ANALYSIS AND INTERPRETATION

ANALYSIS AND INTERPRETATION

Data analysis is the process of ordering, categorizing and summarizing data to obtain answers to research questions. This chapter presents the analysis and interpretation of the data collected from the Survey with 15 women in Kannamaly. Sought to investigate and report the various issues that women in vulnerable coastal environments experience. Data was gathered from 15 women from a range of age groups and household configurations using qualitative methodologies. This fieldwork revealed a complex yet unsettling story of survival, resiliency, and continuous struggle through observations, Surveys, and discussions. The main themes that arose from the field data are thoroughly analyzed and interpreted in this chapter.

HEALTH AND HYGIENE

Some of responders mentioned long-term health problems that were directly related to their living situation. Frequent skin infections, allergies, fungal diseases, and respiratory ailments were among the complaints, all of which were made worse during and after floods. Due to tainted water and inadequate sanitation, many women emphasized the difficulties in maintaining personal cleanliness, particularly during menstruation and the postpartum phase. Although frequently hesitantly, cases of UTIs and reproductive health difficulties were brought up, indicating a lack of secure forums for talking about these. In certain homes, women were compelled to bathe and clean using water sources damaged by flooding. The results clearly point to a health emergency that is still mainly unreported and untreated. There are serious health and hygiene hazards when inadequate infrastructure, environmental degradation, and gendered expectations come together. Long-term exposure to toxic environments disproportionately affects women, who are the primary carers and homemakers. Their pain is exacerbated by the lack of easily available, gender-sensitive healthcare services. The issue necessitates prompt policy action, which includes setting up clean water facilities, distributing hygienic materials, and holding frequent health camps.

SOCIO-ENVIRONMENT INSECURITY

Regarding the future of their houses and family, every responder voiced intense worry and fear. Homes, particularly those constructed near the coastline, have been destroyed and property borders have shrunk as a result of coastal erosion. Monsoon-season flooding has become into a yearly occurrence. Women told tales of restless nights, evacuating to

congested relief shelters, and relocating furniture and necessities to higher ground. Rebuilding after every flood has become an emotional and financial burden, according to many. The socio-environmental issues that women in Kannamaly experience are a result of a long-term pattern of ecological neglect and deterioration rather than individual incidents. Their habitat's physical vulnerability is a reflection of a larger social and political vulnerability, as women's perspectives are frequently left out of discussions regarding housing and disaster management. These results highlight the critical necessity for long-term coastal conservation strategies and the active participation of women in regional planning and restoration initiatives.

ECONOMIC HARDSHIP AND LIVELIHOOD DISRUPTION

Another significant subject that came out of the field was the economic consequences of environmental degradation. A large number of women were employed as maids or ran small home-based enterprises, such as tailoring. Unpredictable weather and flooding regularly disrupted these revenue-generating enterprises. A number of responders reported that water damage had resulted in equipment loss. Significant income loss resulted from limited mobility and unavailable markets during flood seasons. Additionally, women who were unemployed continued to experience financial strain as household costs increased as a result of having to replace and repair flood-damaged goods. The research indicates that coastal women are in a vulnerable economic position. They do informal, insecure work that is readily interrupted by changes in the surroundings. However, the survival of the family depends on their efforts. In spite of this, women in these communities do not have access to microfinance possibilities or focused economic support. Their risk is further increased by the lack of insurance plans and financial inclusion. Programs for disaster-resilient livelihood, financial literacy, and skill development must all be a part of any attempt to empower these women.

BARRIERS TO EDUCATION AND SOCIAL MOBILITY

Children's education is negatively impacted by natural disasters. According to a number of women, their children missed school during floods because the roads became unsafe or impassable. In many instances, children's were also asked to assist at home during and after floods, which resulted in a reduction in their academic performance or absenteeism. Also lost of academic equipments during flood also affect them badly. Furthermore, there were very

few options for women to further their education and develop their skills. Environmental issues intensify cycles of poverty and marginalization by posing obstacles to education and human development. The results highlight the necessity of strategies for educational continuity, safe flood mobility, and targeted scholarship programs for females living in disaster-prone areas.

PSYCHOLOGICAL AND EMOTIONAL STRESS

Despite the fact that women frequently portrayed themselves as sturdy and powerful, discussions exposed intense emotional exhaustion. Many felt frightened, depressed, and alone as a result of the constant need to deal with economic instability, care for children and the elderly, and recover from calamities. Elderly women, particularly widows, reported feeling abandoned and isolated. Younger moms were concerned about the future of their kids and their incapacity to give them a secure home. In Kannamaly, women bear an enormous amount of emotional burdens that are rarely recognized or supported. Their mental health, physical health, and social relationships are all impacted by their ongoing condition of stress and uncertainty. There are no mental health treatments available in the area, and women are discouraged from getting treatment because of cultural shame. According to these findings, social networks, counselling services, and community-based mental health support systems are necessary to assist women in processing their experiences and developing emotional resilience.

Beyond environmental harm, Kannamaly women deal with a complicated and interconnected collection of issues. The daily battle for safety, health, financial survival, and emotional fortitude shapes their lives. The analysis paints a picture of structural neglect, in which policies do not take into account the gendered realities of coastal communities affected by disasters. Stories of bravery, flexibility, and resistance women who, in spite of having very little, continue to fight for their families and communities can also be found within this depressing reality. The study's primary contention that women's issues in coastal regions are invisible, underreported, and underappreciated is firmly supported by the data. In addition to offering a sociological perspective on these problems, this study highlights the critical need for gender-sensitive, inclusive planning, livelihood support, and health care in the formulation of coastal policies.

CHAPTER -5

FINDINGS AND CONCLUSION

FINDINGS AND CONCLUSION

Findings or result of the study describes what the researcher found when they analyzed their data. Findings are basically the key outcome of the investigation that researcher has conducted. This usually refers to the totality of the outcomes.

In order to better understand the lived experiences and challenges of women living in environmentally vulnerable coastal areas, this study was carried out in the coastal village of Kannamaly in Kerala's Ernakulam District. Data was gathered through surveys, discussions, and observations using qualitative research techniques. The environmental conditions of their living area were directly linked to the severe health issues indicated by the respondents. During and after floods, the prevalence of fungal diseases, allergies, respiratory issues, and skin infections rose significantly. Numerous women mentioned how difficult it was to maintain personal hygiene because of tainted water and inadequate sanitation, particularly during menstruation and the postpartum period. There is a silent health crisis in the area as a result of inadequate hygienic infrastructure, low health awareness, and restricted access to gender-sensitive medical care. Because of the societal stigma associated with these issues and the lack of safe locations for discussion, women's reproductive health concerns are frequently ignored.

Anxiety and uncertainty regarding the safety of their homes and families were voiced by all research participants. In addition to causing physical harm, coastal erosion and regular flooding have also contributed to a persistent sense of unease. Numerous women related their horrific experiences of moving, rescuing possessions, and taking refuge in relief camps. Rebuilding after every flood has turned into a constant financial and emotional strain. Women's voices are frequently left out of local government and disaster management conversations, despite their vulnerability, which results in their unique demands going unnoticed and unmet.

The livelihoods of women in Kannamaly have been directly impacted by environmental degradation. Informal jobs including housework, tailoring, and small businesses run from home are common ways for women to support their families. Due of their extreme weather sensitivity, these revenue-generating endeavors were frequently interrupted by flooding. According to the respondents, they experienced extended periods of unemployment as a result of losses in equipment, raw supplies, and market access. During and after disasters, women had to deal with growing family expenses, which caused financial stress even for

those who did not work for a living. Even if they contribute economically, there isn't much institutional support in the form of insurance, skill development programs, or microfinance.

Children's schooling is severely disrupted by natural calamities. Floods frequently render school roads impassable, which results in absenteeism. During these trying times, children were frequently forced to stay at home and help out with domestic duties. Additionally, it was discovered that adult women had virtually no possibilities to participate in educational or skill-building activities. Due to these obstacles, daughters are more likely to have the same difficulties as their mothers, perpetuating a cycle of low social mobility.

They were under a lot of psychological stress. A continual emotional toll resulted from the persistent battle to protect children, control calamities, and preserve some semblance of normality. Especially among widows and older women, feelings of loneliness, despair, and anxiety were prevalent. The future of their children and their own incapacity to offer a safe home were the concerns of younger mothers. Women are deterred from getting help by the cultural stigma associated with mental illness and the lack of mental health options in the community. Women's stress and emotional toil are still mostly unrecognized and unsupported.

SUGGESTIONS

Strengthen Healthcare Services:

- Set up local, gender-sensitive health clinics focusing on mental health, and preventive care.
- Conduct regular health awareness camps on sanitation, menstrual hygiene, and nutrition.
- Train community health workers (preferably women from the area) to provide first-line medical support and counseling.

Improve Sanitation and Water Facilities:

- Install clean public toilets and safe drinking water facilities in vulnerable coastal areas.
- Launch community-led programs for water purification and sanitation maintenance.

Disaster Preparedness and Resilience Building:

- Involve women in disaster management committees and training programs.
- Develop early warning systems and community evacuation plans that consider women's specific needs (e.g., privacy, child care, reproductive needs).
- Provide skill training in safe construction methods for rebuilding homes and businesses after floods.

Economic Empowerment:

- Support women's microenterprises through microfinance, skill development programs.
- Offer financial literacy programs to help women manage savings, credit, and insurance.

Mental Health Support:

- Set up community counseling centers or mobile counseling units.
- Initiate peer support groups where women can openly discuss mental health and coping strategies.

Policy and Governance Inclusion:

- Ensure women's representation in local governance bodies like Panchayats and disaster planning teams.
- Advocate for gender mainstreaming in all coastal development and rehabilitation policies.

Community Awareness and Advocacy:

- Conduct gender-sensitization workshops for the whole community to challenge stigma and biases.
- Run media campaigns to highlight women's roles, struggles, and resilience to create wider social support.

CONCLUSION

According to this study, women in coastal areas like Kannamaly deal with a complicated web of interconnected issues that are caused by structural and systemic neglect in addition to environmental vulnerabilities. These challenges, which range from poor health and hygiene to economic instability, disruptions in schooling, and psychological stress, are not isolated occurrences but rather components of a broader social reality that is influenced by geography, gender, and class. The results corroborate the main contention of this study, which is that women's issues in coastal regions are mainly ignored, underreported, and underappreciated in both scholarly discourse and public policy. These women continue to live in hazardous situations with little institutional help or recognition, despite being the primary carers and important contributors to their home economies. However, the women of Kannamaly exhibit incredible adaptation and resilience in the face of these challenges. In the face of recurrent tragedies, their capacity to handle crises, provide for their families, and reconstruct their lives is both remarkable and urgently in need of attention. In addition to illustrating the terrible realities of living in a precarious situation, their tales also highlight the resilience and fortitude of women who never give up.

This study concludes by emphasizing the urgent need for gender-sensitive programs and policies that tackle the unique difficulties encountered by women in coastal regions. This

Include ; establishing healthcare services that are gender-specific and easily accessible. Putting disaster mitigation and sustainable coastline preservation plans into action. Supplying systems of financial assistance such insurance, microlending, and skill-building initiatives. Ensuring that children, particularly girls, have an uninterrupted education and encouraging chances for adult education. Creating community-based counselling services and mental health support networks. The specific challenges faced by women in coastal communities such as Kannamaly can only be recognized and addressed via inclusive planning and participatory government. Their voices need to be raised from the margins of the development discourse.

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APPENDIX -1

Section 1: Demographic Details

1. Name :

2. Age:

1. 18-25
2. 26-35
3. 36-45
4. 46-55
5. 56 and above

3. Marital Status:

1. Single
2. Married
1. Widowed
2. Divorced/Separated

4. Educational Qualification:

1. No formal education
2. Primary education
3. Secondary education
4. Higher secondary
5. Graduate or above

5. Occupation

1. Household work

2. Daily wage laborer
3. Small business
4. Unemployed
5. Others (Specify) _____

Section 2: Economic & Employment Issues

6. What is your primary source of income?
7. Do you have a stable income throughout the year? (Yes/No)
8. Have you faced job insecurity due to climate changes or other factors? (Yes/No)
9. Do you feel women in coastal areas get equal job opportunities as men? (Yes/No) If no, why?
10. What kind of financial struggles do you face? (Debts, lack of savings, seasonal income, etc.)

Section 3: Social & Family Issues

11. How do gender roles affect your daily life and responsibilities?
12. Have you ever faced domestic violence or any kind of abuse? (Yes/No, Optional)
13. Do you feel that women in your community have the freedom to make independent decisions? (Yes/No)
14. What are the biggest social problems faced by women in your area?
15. How supportive is your family regarding your education or employment?

Section 4: Health & Sanitation Issues

16. Do you have access to proper healthcare facilities? (Yes/No)
17. What are the common health problems faced by women in your community
18. Are reproductive health services (such as maternity care, contraception) easily available? (Yes/No)
19. Do you have access to clean drinking water and sanitation facilities? (Yes/No)
20. Have you faced any health issues due to environmental pollution or coastal disasters? (Yes/No)

Section 5: Education & Awareness

21. Did you have to stop your education due to financial or social reasons? (Yes/No)
22. Do you think women in your community receive enough educational opportunities? (Yes/No)
23. What are the main barriers preventing girls from continuing their education?
24. Are there any awareness programs for women's rights and empowerment in your area? (Yes/No)

Section 6: Environmental & Disaster-Related Struggles

25. Have you been affected by coastal erosion, floods, or cyclones? (Yes/No)
26. How does climate change impact your livelihood and daily life?
27. Have you received any government aid or relief during natural disasters? (Yes/No)
28. Do you think the government/local authorities take enough measures to support women in disaster-prone coastal areas? (Yes/No)

Section 7: Support Systems & Suggestions

29. Are there any women's organizations or self-help groups in your area?
(Yes/No)
30. What kind of support do you think would help women in your community the most? (Financial, education, skill training, health, etc.)
31. Do you have any additional suggestions on how to improve the conditions of women in coastal areas?

APPENDIX-2



The ocean in the background signifies both livelihood and loss - a duality often experienced by coastal women. These women are sharing their lived experiences- livelihood challenges, coastal erosion, climate change and lost of infrastructure.



This image depicts a group of women in Kannamaly participating in a protest march, for advocating for their rights and raising awareness about their unseen struggle. This march represents more than just a protest. They need Sea wall for their security. This image captures a moment of collective action, where women often underrepresented in public discourse are asserting their voices against social and economic injustice



“When water rushes in, we take what we can. Clothes, food... and faith”. They said. This image captures not just the physical reality of flooding, but the emotional weight of displacement. For many women in Kannamaly, evacuation is a recurring event, a routine. Holding on to sacred images or symbols during such times signifies not only faith, but the struggle to carry fragments of identity and stability into uncertain spaces like camps. This reveals how environmental crises catalyze cycles of forced migration, with women bearing the emotional and practical burden of adapting to temporary, often inadequate, shelters while still upholding familial and cultural continuity.



This image captures the chronic flooding in Kannamaly, which disproportionately affects women. The burden of domestic responsibility continues even under hazardous and

unsanitary conditions. The photo illustrates how environmental vulnerability intersects with gendered labor, revealing an everyday resilience shaped by necessity rather than choice. Cooking, sleeping, caring for our families everything happens in water.



This image symbolizes the silent tension coastal women live with daily caught between the intimacy and the threat of the sea. Homes are built within arm's reach of destruction, highlighting the precarity of life in Kannamaly. Women in these areas endure not just economic hardship but also psychological stress as environmental uncertainty becomes a constant presence in their lives. This sea is both her neighbor and her fear. Every high tide

brings the ocean closer to their doorstep. She stand there often, watching, waiting, wondering
if today will be the day it takes more than just the shore